



Voice of
Vitality

OCTOBER 2025



RESIDENT-CENTERED SERVICE

with Linda Hoffman,
Director of Project Management

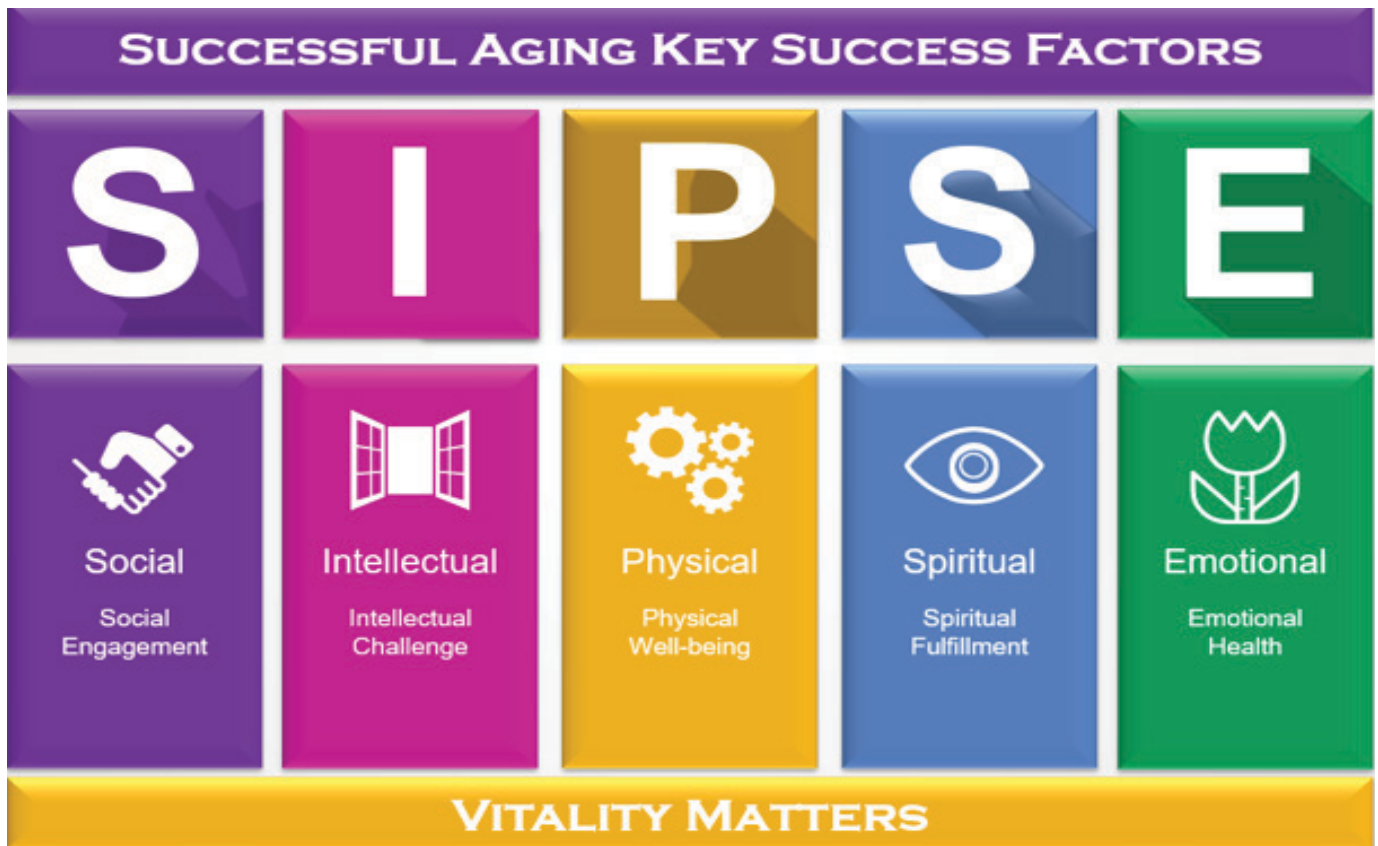
Hello, Montereau friends! My name is Linda Hoffman (formerly Krompicha), and I've had the pleasure of serving as Montereau's Director of Project Management for just over two years.

While my title may sound straightforward, my role is wonderfully dynamic. In addition to supporting our C-suite, I focus on improving processes, creating consistency, and ensuring operational excellence across the community. At the end of the day, my mission is simple: to make sure you receive excellent, reliable, and resident-centered service, no matter who you're working with.

I like to think of my work as helping bring more clarity, connection, and capability into everything we do. That means creating clear processes that make life smoother for everyone, strengthening connections, and building the capability of our organization so we can continue to deliver the exceptional Montereau experience you deserve.

Before joining Montereau, I worked with two, large, not-for-profit Continuing Care Retirement Community (CCRC) systems where my focus was on streamlining standards and improving efficiency with limited resources - always keeping the resident experience a top priority. Those experiences make me appreciate Montereau all the more. Here, I've discovered not only an abundance of resources but also a steadfast commitment to never cutting corners on resident care or lifestyle.

I was eager to find a place where I could make a real impact without being slowed down by layers of red tape and endless approvals. So, I was excited to join a single-site community like Montereau, with its many advantages and forward-looking vision, one that honors the legacy of our founders and embraces future innovations. It's a joy to be part of this community, and I look forward to many more years of growing, connecting, and elevating together.



GOLDEN HARVEST

with Monterey Beekeeper Kenny Hammond



This is Kenny Hammond's second year tending to the tens of thousands of bees that call Monterey home. For Kenny, keeping bees is a family tradition that goes back five generations to his great-great grandfather in Iowa who had 1,500 colonies. He chuckles, "We're talking horse-and-buggy days!" With 30 years of tending hives under his belt, Kenny says there's a lot of nuance to the job. He takes it rather personally when a hive dies or a new swarm he takes on decides not to stick around.

That happened this spring here at Monterey. Kenny spotted a swarm in a tree on the east side of our campus. After gently vacuuming them up, he introduced them to an empty hive box from one of several of our colonies that didn't survive last winter. He even gave them plenty of honey to make it feel like home. But, the swarm left. "Bees do what bees want to do," he says. "They don't always like what you have to offer."

He stops by periodically to check on the hives. Several are situated near our front entrance down a steep slope on the north side of the Ring Road, while the others are a little more tucked away along the south bank of the Lake of the Woods. During the summer, Kenny and Monterey Executive Chef Marvin Kidd harvested just over 100 pounds of beautiful, golden honey from our hard-working bees. You'll find it being used in a number of recipes by our Culinary team; everything from honey cakes and entrees to cocktails at the Grand Riviera and Rue 6800 bars. Some of the honey is also put into small jars and given as unique gifts to new and prospective residents. Kenny says honey harvested in the summer



is lighter in color, but honey harvested later in the season is darker, sweeter and has more body.

In mid-September, he checked the hives for a late season harvest, but found there wasn't enough to pull from the comb. So, it will serve as food for the bees during the fall and winter seasons. While checking for honey, Kenny discovered a hive that is struggling. So, he brought in a new queen and will keep tabs on the hive for a while to see how things progress.

His second mission for the September check-in was to give the colonies some help in fending off potential invaders: mites and beetles. Mites, brought over from Europe in the 1990s, have become a threat to American bee colonies. Kenny inserts a couple of treated strips into each hive to deter and kill of any mites that may find their way inside. For the beetles, he uses something a little more simple but very effective: strips cut from Swiffer sweeper cloths. "Those little beetles just get stuck in the microfibers, but the bees don't," he explains.

When late October or early November roll around, Kenny will be back again with something to sustain the hives through the colder months. He'll line the top of each hive with dampened newspaper, then pour sugar on top. "They'll eat right up through that newspaper to get to the sugar," he says.

The fact that Monterey maintains these small apiaries is always a source of buzz in the community. Now that buzz has made it to the gift shop. You'll find several whimsical, bee-themed treasures for sale that make perfect gifts. There are beautifully-embossed honey bee notecards, an entertaining book with fun and fascinating facts about all kinds of bees, a kit to help establish a pollinator garden, and the "Little Bee House" that friends or family members can put on their porch or patio. The "Little Bee House" will attract solitary bees that are even better at pollinating flower and vegetable gardens than honey bees. So, be sure to check them out in the gift shop!





something different,” she explains. September was a football theme appropriate for the season.

Vicki moved into Montereau three years ago, though it was tough going at first. Her husband Mike was ill and passed away about three months later after 54 years of marriage. She didn’t venture out for weeks until something finally clicked. Vicki says, “I decided I had to get out and do something!” She started greeting others in the hall and eventually got to know people. Now she’s active in the community, taking part in events, leading Bunco, serving on the Active Lifestyle and Welcome committees, and volunteering at the Food Bank.

Vicki grew up in Clinton, Oklahoma with no siblings and confirms with a smile that she was “Spoiled, probably, rotten!” She and best friend Linda did everything together, including vacationing with each other’s families. They’re still close today. “Every year for our birthdays,” Vicki says, “we send each other flowers.” Growing up with five male cousins, she says she was a bit of a tomboy, though a shy one. At age six, she learned to play the accordion, at her mother’s insistence. A couple of friends also took lessons. “We formed a group called ‘Melody Maids,’ and we played at nursing homes.” Vicki switched to piano during high school where she was also part of the Pep Club and served as yearbook editor. During summers, she worked for the county assessor’s office and at the community swimming pool concession stand.

She was 13 when she had her first “date” with future-husband Mike who invited her to go to eighth grade graduation with him. They didn’t actually get together until much later. They graduated from Clinton High School in 1965 and both went to Southwestern Oklahoma State College in Weatherford. Vicki intended to complete 40 hours of business classes and go to work, but changed her mind. “I was having way too much fun, so I decided to stay.” She and Mike began dating after freshman year. He had a pilot’s license and seized every chance to fly. “One of our dates was to Oklahoma City for ice cream,” Vicki giggles. They married in 1968 during junior year with the late Father Charles Swett officiating.

THIS IS YOUR LIFE *with* Vicki Aneshansley

The newlyweds graduated the next year; Vicki with a bachelor’s degree in business administration and a minor in accounting which she later put to use working for Mike for several years.

He’d signed up with the Navy during junior year. After finishing at Southwestern they moved to Newport, Rhode Island for Officer Candidate School and the beginning of a lifetime of adventure and travel. Vicki made friends and enjoyed exploring the area. “It was so much fun,” she recalls. She took some temporary work at a local clothing factory and remembers the fresh seafood and small lobsters purchased for \$1.25 for dinners. “They were cheaper than steaks!” Mike stayed flexible in his professional pursuits, so they moved frequently. From Newport, they were off to Maryland, then Massachusetts where their first child, Kristi was born. When she was two months old, Navy life took them to California. Mike served a nine-month deployment aboard the U.S.S. Enterprise carrier. “After the ship came home, there were lots of babies born nine months later,” Vicki laughs. Their son Scott was one of them, though by then, they were back east in Virginia. After five years there, Mike left the Navy, and they eventually moved to Mississippi, then Texas, before finally settling in Broken Arrow.

Over the years, the family enjoyed trips to Disney parks and visits to grandparents in Oklahoma. Vicki learned to play golf to spend more time with Mike and their friends. She claims to not have been very good. “They put up with my golf,” she says, though she did manage two holes-in-one in her years of play. She and Mike traveled the country, with Mike in the pilot’s seat, to play golf with friends. They kept a condo in Colorado and even traveled overseas to Europe, Australia, and New Zealand. Riding a gondola in Venice with a singing gondolier was a treasured bucket list item for Vicki. For their 25th anniversary, they visited Hawaii for the first time and were hooked. They returned each year and eventually bought a home there, hosting dinners, parties, and golf tournaments. “He was always getting me into something,” she laughs. Vicki learned to make beautiful, beaded jewelry in Hawaii, which she treasures.

She has collected all kinds of things over the years, including koa wood from Hawaii, Radko glass ornaments, Santas, and Waterford crystal. She spent much of her spare time sharing her generous spirit by volunteering at Broken Arrow Neighbors, Catholic Charities, and Meals on Wheels. Today she enjoys the love of her family which now includes eight grandchildren. It’s a rare day that you don’t see Vicki out and about in the community, often with friends. “I’m always busy,” she explains. “I don’t sit still.”

HOP ON THE SANTA EXPRESS, HEADED FOR MERRY MINGLE STATION!



Please consider your 2025 contribution to this year's Team Member Appreciation Fund as an expression of thanks to Montereau Team Members for their service.

Drop off contributions at the Donation Box in the resident U.S. Post Office across from the ATM.

Contributions received before December 12 will be distributed to Team Members at the 2025 Merry Mingle Celebration.

Please contact a TMAF Committee member for more information.



EVERETT STALLCOP
918-493-2621

RICK SKINNER
918-551-6851

CHARLIE PAYNE
815-979-7036

BILLIE FIELD
918-749-8811



Wine & Alcohol Carry-Out Policy

When ordering alcohol to take with you, please note that the bottle or container must first be opened.

Residents may order up to two bottles of wine per household per day for carry-out.



LEAVE A FIVE STAR REVIEW

Scan the QR Code above with your smartphone camera. Then click on the link that comes up on your screen to leave a 5-star Google review for Montereau.



DINING

IMPORTANT: Please note RSVP requirements and cost information listed in the description of each event. All Dining Event reservations or cancellations must be made at least **THREE business days in advance**. You may RSVP or cancel a reservation by speaking to someone at the Host Stand in person, by calling 918-491-5212 or by email: events@montereau.net.



SUPERFOOD OF THE MONTH

Sweet potatoes are nutrient powerhouses with vitamin C, fiber, potassium, vitamin E, iron, magnesium and phytochemicals like beta carotene and lutein. One medium sweet potato can give you your entire day's supply of vitamin A.

Dietitian's Dish



Beyond the Shot: Nutrition on GLP-1s

Pick up a copy of this month's Dietician's Dish at La Patisserie to learn about nutrition tips for GLP-1 users.



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ACTION STATION

Thursdays: **4:30p-7:00p** - **Café Mondial**

Our chefs prepare a delicious meal, fresh to order. Watch the menu chalkboard in La Patisserie for the theme each week. **A cost of \$14 will be applied to your monthly dining allowance. No RSVP required.**

SIPSE CATEGORY: Social



WINE WEDNESDAY

Wednesday, Oct 15: **3:30p-4:30p** – **Café Mondial**

Sit down over a glass of wine with a member of Monterey Leadership. Share what's on your mind and hear their thoughts and visions for our community. **No cost. RSVP required.**

SIPSE CATEGORY: Intellectual



MIXOLOGY CLASS: NEW TWISTS ON THE CLASSICS

Monday, Oct 20: **2:00p-3:00p** - **Café Mondial**

Monterey Mixologist Darick Mitchell shares some new twists on a few classic cocktails. Learn to make an Ol' Sooner, an Earl Grey MarTEAni, and a Bourbon Street Lemonade at home. Take the recipe cards home with you. **Cost is \$10, applied to your monthly dining allowance. RSVP required.**

SIPSE CATEGORY: Intellectual



CHEF'S TABLE

Tuesday, Oct. 21: **5:00p-6:30p** – **Rue 6800**

This month's menu includes Spiced Pumpkin Soup Shooter, Charcuterie Board with Local Cheeses, Braised Short Ribs with Sweet Potato Puree, and Pecan Pie with Bourbon Cream. **Cost is \$45, applied to your monthly dining allowance. Wine or cocktail selections ordered and charged separately. RSVP required.**

SIPSE CATEGORY: Social



TEACHING KITCHEN: SWEET POTATOES

Tuesday, Oct 28: **2:30p-3:30p** - **Coterie Theater**

Monterey Registered Dietitian Melissa Horn-Speck digs into the nutritional benefits of the humble sweet potato. She'll demonstrate several recipes using this versatile powerhouse of nutrition including Sweet Potato Wedges, Sweet Potato Avocado Toast, and Garlic Parmesan Sweet Potatoes.. Attendees may sample the dishes and take the recipes home. **No cost. No RSVP required.**

SIPSE CATEGORY: Intellectual

LET'S EAT LOCAL & LE CINEMA

IMPORTANT: Let's Eat Local events require an RSVP. Your RSVP or cancellation must be made at least THREE business days in advance. Late cancellation will result in a \$10 fee + event cost charged to your account. Exceptions will be made for emergencies and illness. You may RSVP on the ConnectedLiving app, Reservation Sheet, or call Lifestyle and Wellness at 918-491-5245. Cancellations may be made through the app or Reservation Line.



LET'S EAT LOCAL 4:30p – Trip (RSVP required)

Tuesday, Oct 7: Seigi's Sausage Factory \$\$ (German/Viennese Fare)

Tuesday, Oct 14: Rise Soufflé \$\$ (French)

Tuesday, Oct 21: Napa Flats Wood-Fired Kitchen \$\$ (California & Italian Fare)

Tuesday, Oct 28: The Spudder \$\$\$ (High-End Steaks & Seafood)

SIPSE CATEGORY: Social



LE CINEMA DOCUMENTARY & TV SERIES (No RSVP Required)

Thursdays 7:00p: Documentary Series: Our Great National Parks, Ep. 3 - **Oct 2**, How the States Got Their Shapes - **Oct 9, 16, 23, & 30**

Fridays 2:00p: TV Series: Outlander

Fridays 3:00p: TV Series: The White Queen

SIPSE CATEGORY: Social/Intellectual



LE CINEMA MOVIES (No RSVP Required)

Wednesdays 7:00p: Oct 1: 61* (TV-MA) A look at the friendship between Mickey Mantle and Roger Maris as they race to break Babe Ruth's single season homerun record.

Oct 8: Rudy (PG) Despite always being told he was too small to play college football, Rudy is determined to overcome the odds and play for Notre Dame. **Oct 22: CODA** (PG-13)

When the family fishing business is threatened, Ruby is torn between pursuing her passion for music and her fear of abandoning her deaf parents. **Oct 29: The Last Rodeo** (PG) A retired rodeo champion enters a high-stakes, bull-riding competition to save his grandson, confronting his past and discovering faith along the way.

SIPSE CATEGORY: Social/Intellectual/Emotional



Saturdays 2:00p: Oct 4: The Magnificent Seven (PG-13) A vengeful young widow brings together seven gunmen from varying backgrounds to protect her town from the private army of a destructive industrialist. **Oct 11: Beyond the Blackboard** (PG-13) A 24-year-old, first-time teacher overcomes her initial fears and prejudices to make a difference in the lives of the homeless children she teaches in a makeshift classroom. **Oct 18: Audrey's Children** (PG) Dr. Audrey Evans battles sexism and medical conventions to develop revolutionary treatments for childhood cancers and establish the first Ronald McDonald House. **Oct 25: Saving Paradise** (PG) A ruthless corporate raider suddenly inherits his father's nearly-bankrupt pencil factory. He must decide whether to let it close or join the fight to save it.

SIPSE CATEGORY: Social/Intellectual/Emotional

HIGHLIGHT EVENTS

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CONVERSATIONAL SPANISH

Wednesdays in October: **11:00a-12:00p - Studio de Monet**

Learn Spanish with Montereau's own Dr. Malcolm Stewart. You'll have fun and socialize while learning practical, conversational Spanish you can use anywhere. **No RSVP required.**

SIPSE CATEGORY: Intellectual



TECH TABLE WITH BLAKE BOLIN

Thursdays in Oct: **10:00a-11:00a - Board Room**

Thursdays in Oct: **2:00p-3:00p - Board Room**

Tech Concierge Blake Bolin hosts two, one-hour sessions each Thursday in October to answer questions about any Sentrics product including the ConnectedLiving app, Engage TV, phone, internet, and emergency pendants and pull cords. **No RSVP required.**

SIPSE CATEGORY: Intellectual



BEEKMAN 1802: WHAT IS IT & WHY SHOULD YOU USE IT?

Thursday, Oct 2: **10:30a-11:30a - Studio de Monet**

Learn all about the new Beekman 1802 skincare products available in the gift shop at the Spa. A Beekman 1802 representative will showcase the various products and explain why they are healthier for your skin than other brands. **No cost. No RSVP required.**

SIPSE CATEGORY: Intellectual



TULSA TOWN HALL: DAVID POGUE

Friday, Oct 3: **9:30a-12:00p - TRIP**

Spend an hour with Emmy award-winning journalist, technology expert, and Broadway conductor David Pogue. **A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis.**

SIPSE CATEGORY: Intellectual



SUNSET & DINNER AT THE MAYO

Friday, Oct 3: **4:30p-7:30p - TRIP**

There is no place quite like Tulsa's historic Mayo Hotel for watching the sunset over T-Town. Join your friends to enjoy dinner at the hotel's new 1925 restaurant and then enjoy the view from the rooftop. **Please bring money for food and drink selections. RSVP required.**

SIPSE CATEGORY: Social

HIGHLIGHT EVENTS

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TULSA SYMPHONY: 20TH ANNIVERSARY CELEBRATION

Saturday, Oct 4: **6:30p-9:30p - TRIP**

Lina Gonzalez-Grandados joins as guest conductor with Emanuel Ax on piano. The performance includes pieces from Shostakovich, Beethoven and Dvořák. **A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis. RSVP required.**

SIPSE CATEGORY: Emotional

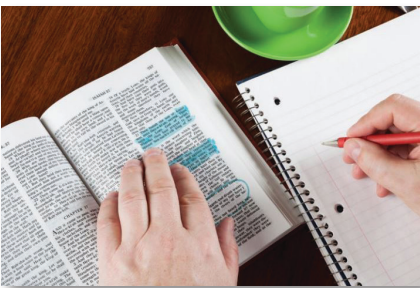


BRIDGE LESSONS WITH RANDY

Sundays, Oct 5, 12, & 19: **2:00p-3:30p - Studio de Monet**

Whether you're new to the game of Bridge or just want to brush up on your skills, join Randy Stainer for tips and tricks to have you playing your best game. This is the last three weeks of a five-week series of lessons. **No RSVP required.**

SIPSE CATEGORY: Intellectual



MORNING BIBLE STUDY

Tuesdays, Oct 7 & 14: **9:30a-10:30a - City View Lounge**

Join Chaplain Dr. Bill Crowell for the last two weeks of this six-week Bible study exploring the book "Wrestling with Doubt, Finding Faith" by Adam Hamilton. Please bring your Bible. Attendees may enjoy complimentary sweet rolls and coffee. **RSVP required.**

SIPSE CATEGORY: Spiritual



TULSA CITY COUNTY LIBRARY BOOKMOBILE

Tuesday, Oct 7: **10:00a-11:00a - Main Entrance**

The Tulsa City County Library's Bookmobile returns to Montereau on the first Tuesday of each month. Come check out a book, DVD, audiobook and music CDs. You can even request specific materials. No library card? No worries! They can set you up with one. **No RSVP required.**

SIPSE CATEGORY: Intellectual



CLASSIC CINEMA: SHE-WOLF OF LONDON (1946)

Tuesday, Oct 7: **7:00p-8:30p - Le Cinema**

A 19th century heiress finds evidence suggesting that, at night, she acts under the influence of a family curse and has begun committing ghastly murders in a nearby park. **No RSVP required.**

SIPSE CATEGORY: Social

HIGHLIGHT EVENTS

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TALLGRASS PRAIRIE PRESERVE & LUNCH AT THE MERCANTILE

Wednesday, Oct 8: 8:00a-3:30p - TRIP

Visit the world's largest protected tallgrass prairie offering exceptional views of a variety of natural habitats and excellent opportunities for wildlife watching. Afterward, enjoy lunch at The Mercantile in Pawhuska. **Please bring money for lunch & purchases. RSVP required.**

SIPSE CATEGORY: Intellectual



TU STUDENTS CONCERT

Wednesday, Oct 8: 7:00p-8:00p - Coterie Theater

Our TU Music Immersion student, Nathan and Luis are planning an entertaining concert in celebration of Active Aging Week. Find out which pieces they perform from last month's resident suggestions. Enjoy flute and clarinet solos as well as a guest performer. Don't forget to drop your music suggestions in the box for next month. **No cost. No RSVP required.**

SIPSE CATEGORY: Emotional

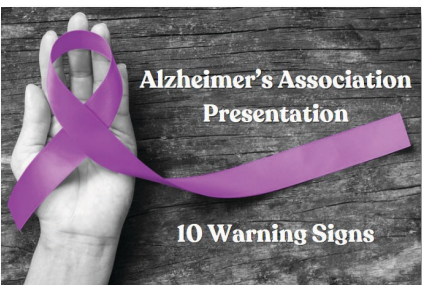


20TH ANNUAL WELLNESS FAIR

Thursday, Oct 9: 9:00a-11:30a - Coterie Theater

Visit Montereau's 20th annual Wellness Fair as we continue to observe Active Aging Week. Explore vendors offering information and products to help you live a vibrant, healthy life. Receive a BINGO card at the door. Everyone who blacks out their card will have a chance to win a door prize. **No cost. No RSVP required.**

SIPSE CATEGORY: Social



ALZHEIMER'S ASSN. PRESENTATION: TEN WARNING SIGNS

Thursday, Oct 9: 1:00p-3:00p - Coterie Theater

Dr. Laura Garrett is a Community Educator and Board Member for the Oklahoma Alzheimer's Association. She will give a presentation on recognizing the ten warning signs of Alzheimer's Disease. There will be time for questions and answers. **No RSVP required.**

SIPSE CATEGORY: Intellectual



SENIOR SHOWDOWN GAMES

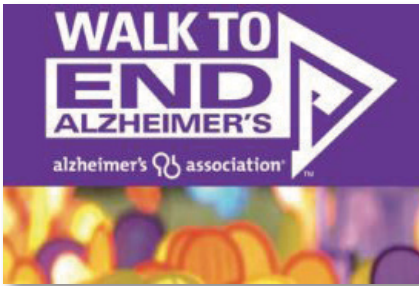
Friday, Oct 10: 9:00a-11:00a - Grand Lawn

Active Aging Week continues with our second annual Senior Showdown Games. Join in the fun and get moving. Some of your favorites are back from last year along with some new ones to test your skills. **No cost. RSVP required.**

SIPSE CATEGORY: Physical-Moderate Difficulty

HIGHLIGHT EVENTS

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MONTEREAU WALK TO END ALZHEIMER'S

Saturday, Oct 11: **8:30a-11:00a - Grand Lawn & Ring Road**

Cap off Active Aging Week by spreading awareness of the efforts to end Alzheimer's Disease and other forms of dementia. We will meet on the Grand Lawn for coffee and muffins and to learn about the mission of the Alzheimer's Association. Then we'll hit the pavement and walk the Ring Road. **No RSVP required.**

SIPSE CATEGORY: Physical-Mild Difficulty



TULSA PAC BROADWAY: THE OUTSIDERS

Sunday, Oct 12: **12:00p-5:30p - TRIP**

Enjoy the musical production of this iconic American, coming-of-age story based on the book by Tulsa's own S.E. Hinton. The Tony award-winning musical brings the Greasers and Socs life on the stage. **A pre-purchased ticket is required but doesn't guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis. RSVP required.**

SIPSE CATEGORY: Emotional



ART WITH ANN HILL

Tuesdays, Oct 14, 21, & 28: **12:00p-3:00p - Studio de Monet**

Let your creativity loose with these fun, expressive classes with long-time Tulsa art instructor Ann Hill. Each Tuesday is a separate class. **Cost per class is \$20, applied to your monthly service fee statement. RSVP required.**

SIPSE CATEGORY: Intellectual



FALL BEER TASTING & SNACKS

Tuesday, Oct 14: **4:00p-4:30p - Coterie Theater**

Fall, and all the wonderful flavors that go with it, is finally here! Stop by to enjoy a tasty array of snacks including a Beer Flight with four seasonal beers, Pretzel Bites, Mini Cheese Balls, Pumpkin Pie Pops, and Bratwurst Bites. **Cost is \$18, applied to your monthly dining allowance. RSVP required.**

SIPSE CATEGORY: Intellectual



FIT BITES: PUMPKIN

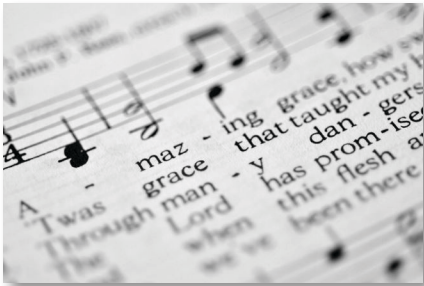
Wednesday, Oct 15: **2:00p-2:30p - Grand Riviera Lounge**

Pumpkins aren't just for carving and decorating! They're also a nutritious squash worth incorporating into your diet. Come sample Candied Pumpkin Seeds, Chicken Pumpkin Chili, and a Pumpkin Mousse. **No Cost. RSVP required.**

SIPSE CATEGORY: Intellectual

HIGHLIGHT EVENTS

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OLD HYMN SING ALONG

Wednesday, Oct 15: 3:30p-4:00p - Warren Chapel

Join Chaplain Dr. Bill Crowell in singing your favorite hymns. Share your faith with Montereau friends while lifting up your voices together in song. **No RSVP required.**

SIPSE CATEGORY: Spiritual



DINNER & A MOVIE: NONNA'S

Wednesday, Oct 15: 5:00p-8:45p - Coterie Theater

Wanting to honor his late mother, a man risks everything to open an Italian restaurant with actual nonnas (grandmothers) working as the chefs. Based on a true story. Menu includes Caesar Salad, Chicken Parmigiana with Spaghetti and Marinara Sauce, Garlic Breadsticks, and Annette Intrieri's own Italian Cream Cake. **Cost is \$22, applied to your monthly dining allowance. RSVP required.**

SIPSE CATEGORY: Emotional

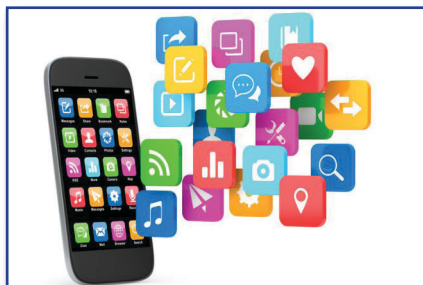


SIPSE SPIRIT DAY: FOUNDING DAY OF DISNEY

Thursday, Oct 16: ALL DAY

Show your love for Disney as we celebrate more than 100 years of magic with Mickey and his friends.

SIPSE CATEGORY: Emotional



CANDOO TECH GROUP LESSON: ANDROID PHONE BASICS

Thursday, Oct 16: 11:00a-12:00p - Le Cinema

If you have questions about navigating the apps and operating system on your android phone, this demonstration is for you. Learn how to take full advantage of all your android has to offer. A virtual Candoo Tech concierge representative will host this group lesson. **No cost. RSVP required.**

SIPSE CATEGORY: Intellectual



FIT & FABULOUS: FALL INTO HEALTH EATING

Friday, Oct 17: 11:30a-1:00p - Grand Riviera Lounge

Eat with the seasons to get variety in your diet and consume foods at their peak nutritional value. Enjoy a Pumpkin Soup, Apple Pistachio Salad, Roasted Chicken with Pears and Brussels Sprouts, and Carrot Cake for dessert. **Cost is \$16, applied to your monthly dining allowance. RSVP required.**

SIPSE CATEGORY: Intellectual

HIGHLIGHT EVENTS

IMPORTANT: Please note **RSVP requirements and cost information** listed in the description of each event. **An RSVP or cancellation must be made at least THREE business days in advance. Late cancellation will result in a \$10 fee + event cost charged to your account. Exceptions will be made for emergencies and illness. RSVP on the ConnectedLiving app, Reservation Sheet, or call Lifestyle and Wellness at 918-491-5245. Cancellations may be made through the app or Reservation Line.**

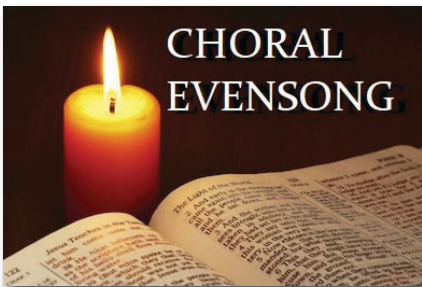


COOKING WITH RANDY & NANCY: STAINER-STYLE ODD THANKSGIVING DISHES

Friday, Oct 17: **3:30p-4:30p** - Coterie Theater

Try something new this Thanksgiving. Nancy and Randy Stainer will demonstrate Dressing with Queso, Slow Cooker Greek Green Beans, Easy Spanakopita, and Fudge Tartlets. Enjoy samples of each dish and take the recipes home. **No cost. RSVP required.**

SIPSE CATEGORY: Intellectual



CHORAL EVENSONG SERVICE

Sunday, Oct 19: **4:30p-6:30p** - TRIP

St. Dunstan's Episcopal Church invites Montereau residents to join them for Evensong. This is a time for evening prayers, music, and worshipful reflection, followed by a reception. **RSVP required.**

SIPSE CATEGORY: Spiritual



CORNHOLE TOURNAMENT

Wednesday, Oct 22: **3:00p-4:00p** - Grand Lawn

Participants play in teams of 2 in this bracket-style competition. Winners advance to the next round until 1 team remains. You'll be matched with a partner. Everyone is invited to watch. **No cost. RSVP required ONLY if you plan to play.**

SIPSE CATEGORY: Physical-Mild Difficulty



TULSA CATHEDRAL TOUR & LUNCH AT THE VAULT

Thursday, Oct 23: **8:35a-1:30p** - TRIP

Tour downtown Tulsa's Cathedral District and its beautiful churches where stunning architecture and rich history meet. After the tour, enjoy lunch at The Vault. Please wear comfortable shoes. **Cost of \$20 for the tour will be applied to your monthly service fee statement. Please bring additional money for lunch. RSVP required.**

SIPSE CATEGORY: Spiritual



FITNESS WALK: WASHINGTON IRVING PARK & LUNCH AT THE BROOK

Friday, Oct 24: **9:30a-2:00p** - TRIP

Enjoy a walk through Bixby's wooded, 32-acre Washington Irving Park featuring an homage to American author Washington Irving as well as World Trade Center and Murrah Building memorials. After our walk, we'll have lunch at The Brook South. **Please bring money for lunch. RSVP required.**

SIPSE CATEGORY: Physical-Mild Difficulty

HIGHLIGHT EVENTS

IMPORTANT: Please note RSVP requirements and cost information listed in the description of each event. **An RSVP or cancellation must be made at least THREE business days in advance. Late cancellation will result in a \$10 fee + event cost charged to your account. Exceptions will be made for emergencies and illness. RSVP on the ConnectedLiving app, Reservation Sheet, or call Lifestyle and Wellness at 918-491-5245. Cancellations may be made through the app or Reservation Line.**



HALLOWEEN MONSTER MASH

Friday, Oct 24: 5:00p-7:00p - Coterie Theater

Bring your grandchildren for this Halloween Celebration. Join team members and their families for Trick-Or-Treating, a Costume Contest, and a Scavenger Hunt! **Donations of individually-wrapped candy can be dropped off at the Concierge desk through October 23. Please contact Jesse Harris at 918-491-5264 if you can volunteer to help hand out treats! No cost. No RSVP required.**

SIPSE CATEGORY: Social



TU FOOTBALL: TULSA VS. TEMPLE

Saturday, Oct 25: Time TBA - TRIP

Put on your blue and gold and head out to Skelly Field at HA Chapman Stadium to cheer on the TU Golden Hurricane as they meet the Temple Owls on the gridiron. A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis. **RSVP required.**

SIPSE CATEGORY: Emotional



DIY CRAFT: PAPER ROLL PUMPKIN

Monday, Oct 27: 10:00a-12:00p - Studio de Monet

Make your own decorative pumpkin for fall using simple, household items. Jesse Harris is accepting donations of empty cardboard paper towel and toilet paper tubes to be used in this craft. **Craft supplies provided. No cost. RSVP required.**

SIPSE CATEGORY: Social

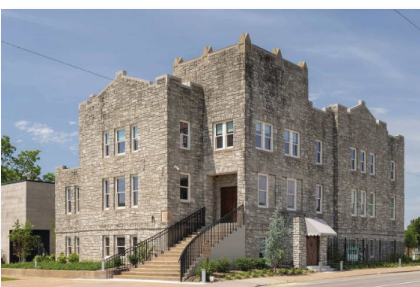


TULSA BIKE BAR TOUR

Wednesday, Oct 29: 3:45p-7:00p - TRIP

Experience the Tulsa Arts District in a fun new way. Pedal your way along the streets with stops at the area's unique bars where you may purchase drinks. Feel free to bring your own food and drinks (plastic containers only) along for the ride. **Cost is \$24, applied to your monthly service fee statement. RSVP required by October 14.**

SIPSE CATEGORY: Physical-Moderate Difficulty



CHURCH STUDIO TOUR

Thursday, Oct 30: 9:30a-12:00p - TRIP

Visit Tulsa's historic Church Studio. Originally erected as Grace Methodist Episcopal Church, this iconic, local landmark has functioned as a recording studio since Oklahoma musician and songwriter Leon Russell purchased it in 1972. In the years since, it has drawn legendary recording artists including Tom Petty, Eric Clapton, Jimmy Buffett and more. **No cost. RSVP required.**

SIPSE CATEGORY: Intellectual

A MESSAGE *from* Tracie Nail Health Center Administrator

Fall is the season for Medicare Open Enrollment. You can make changes to coverage for 2026 between October 15 and December 7. It's important to know what you can and can't do with your healthcare plans.

DURING OPEN ENROLLMENT, YOU CAN:

- Join, drop, or switch to another Medicare Advantage Plan with or without drug coverage OR add or drop drug coverage.
- Switch from Original Medicare to a Medicare Advantage Plan OR from a Medicare Advantage Plan to Original Medicare.
- Join, drop, or switch to another Medicare drug plan if you're in Original Medicare.

TO CHOOSE THE BEST MEDICARE ADVANTAGE PLAN FOR YOUR NEEDS, ASK YOURSELF THESE QUESTIONS:

- Have you had prescription changes that your current plan does not cover?
- Do you have a new doctor that's not in your current plan's network?
- Do your plan's current premium and deductibles still meet your needs?

As your needs change, it's important to remember that your insurance coverage can be changed as well.

For more information, visit [medicare.gov/plan-compare](https://www.medicare.gov/plan-compare) or give Medicare a call at **1-800-MEDICARE (1-800-633-4227)**. If you have questions, please come see me. I'll be happy to help.

IMPORTANT REMINDER: Montereau does not accept Aetna insurance for Skilled Nursing services. If you need skilled care after a qualifying hospital stay and have Aetna, you won't be able to use your days here. Aetna beneficiaries who choose to use Montereau for skilled care will be responsible for paying privately for the care and services we provide.



HEALTH CENTER HAPPENINGS *with* Kim Calabrese Abbey Program Manager

September in the Health Center was full of music, laughter, and adventures! Members of the Tulsa Opera shared a moving performance from their Songs of the Heart program. Residents went to Raising Cane's Chicken for lunch and explored Tulsa's beautiful Woodward Park and the Historic Garden District. A spirited game of Hockey Noodle Ball brought out friendly competitiveness between Villa, Abbey, and Chateau residents. Our administrator, Tracie Nail, visited the Red Hat group in the Chateau to share stories and photos from her vacation to Greece, complete with a taste of Greek food and drinks!

There is so much more to enjoy in October! We'll be getting ready to celebrate German culture by making hats to wear during our annual Health Center Oktoberfest party. There will be a chance to practice our Chicken Dance before the big day. At the party, there will be a pie eating contest along with a contest to find the best Chicken Dancer! You won't want to miss the chance to participate (or cheer everyone on)!

Finally, we will close out the month with Halloween celebrations. First, Montereau team members will parade through the Chateau for our annual Costume Contest. Residents will vote for 1st, 2nd, and 3rd place winners. Later that afternoon, we will host a spooktacular Halloween Party in the Abbey with all Health Center residents joining together in the fun.



THIS IS YOUR LIFE *with* Grey Satterfield

From Blue Jacket to Sooner, to sailor and legal eagle, Grey Satterfield has lived life with zeal. A broad grin punctuates every word of his story which began in Oklahoma City 29 years ago.

Grey Wilson Satterfield, Jr. grew up in our state's capital city with a younger brother. He'll admit to not being gifted athletically, though he loved to play sandlot football with friends. "I was a pretty good boy," he says confidently. "I never got into any trouble." In high school, he was content to root on the home team as part of the Classen High School Blue Jackets Pep Club. The summer before his junior year, he landed a job with Oklahoma Gas and Electric. "My first job paid 87-and-a-half cents per hour!" he boasts. "That was a working man's wages." Grey worked for the company during the summers taking on jobs with the underground constructions crews, hole-digging crews, and driving trucks for the line crews.

Grey's father was an attorney, which he acknowledges likely influenced his own desire to pursue the law professionally. When he made his decision official, though, "My father said, 'Why would you want to do that?'" He laughs heartily but follows with a light, satisfied sigh. "He supported me." After graduating from Classen in 1951, Grey was off to the University of Oklahoma to pursue a bachelor's degree in pre-law and political science. He pledged Sigma Alpha Epsilon and joined the ROTC program, signing on with the U.S. Navy. During his third year at OU, a fraternity brother set him up on a blind date with a friend named Patsy. Grey doesn't remember where they went but says "We hit it off, and we dated for quite a while." Soon, though, the demands of his pre-law studies were pulling them apart. So, they went separate ways for a couple of years.

In 1955, Grey finished his bachelor's studies and Ensign Satterfield went on his first active-duty tour with the Navy on a troop transport ship. After that tour, he completed his time with the ROTC and returned to Patsy and proposed marriage. They tied the knot in 1956 and headed for his second tour at Coronado Naval Base in California. "We found a little house near the beach, and I quite enjoyed that," says Grey. When that assignment ended the following year, the newlyweds headed back to Oklahoma City. Grey commuted to Norman to complete his law degree. OU's Law Center was affectionately referred to as

"The Law Barn" and was famed for its many front steps. "The joke, years ago," Grey chuckles, "was that the requirement for getting in was the ability to climb the Law Barn steps." Climb them, he did, finally earning his degree in 1958. He would later return to Norman as Adjunct Professor of Law for eight years.

That year, he and Patsy started a family with the arrival of Shelley. Over the next seven years, they would also add Grey III and Stacey to their ranks. Now he enjoys the love of three grandchildren as well, including Grey IV who promises a Grey V if he is blessed with a son. "We recycle the name 'Grey,'" he says with a twinkle in his eye.

He practiced law for nearly three decades, much of which was spent as part of a small, boutique law firm. Grey specialized in trial law, and later regulatory law and banking law. The firm eventually merged with a larger one in 1981 and he soon moved on. He worked for the Oklahoma Appellate Court and was hired to clerk for a justice on the Oklahoma Supreme Court. "I liked the work, the challenge," he says. "Being able to perform pretty near to the limit of my abilities."

Grey continued his service with the Navy Reserve for 30 years, eventually retiring as a captain. Aside from regular drills, there were many two-week trainings at various bases around the country. Grey enjoyed taking Patsy and the children along to places like New Orleans, Chicago, Newport, New York and more. "We took a lot of good trips!" He and Patsy loved visiting New York City. "My wife and I were both big musical theater fans," he says. He estimates they've seen about 20 or more shows on Broadway, though regrets not having seen Mel Brooks' "The Producers." When he can't see a show on stage, movies will do. Grey has a collection of hundreds of DVDs and has hundreds more stored electronically. He lists "The Godfather 1 & 2," "Goodfellas," and "The Shawshank Redemption" as his favorites, though his vast collection spans all kinds of genres and themes.

Patsy passed away in 2000 after 44 years of marriage. It was a major adjustment and Grey stayed in Oklahoma City for many years after that. In 2013, daughter Stacey who lives in Tulsa, convinced him to move closer and he built a home in Bixby. Then in 2021, Grey was ready to consider a retirement community. "I finally decided it was time to come to a place where I could have a little more support." He moved to Montereau in December that year and has been happy living here. About himself, he says simply, "I try to be a decent human being and do the right thing."

SEPTEMBER IN THE HEALTH CENTER





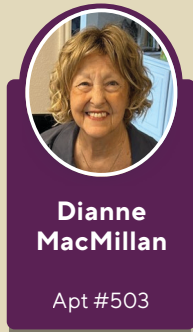
HEALTH CENTER HIGHLIGHT EVENTS

- **CRAFT: GERMAN HAT MAKING** – Wednesday, Oct 1 - **2:00p, ABBEY**
 - **CARMICHAEL'S PUMPKIN PATCH** – Thursday, Oct 2 - **1:30p, OUTING**
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- **LUNCH: OSAKA** – Monday, Oct 6 - **10:45a, OUTING**
 - **CHICKEN DANCE PRACTICE** – Tuesday, Oct 7 - **3:00p, FRENCH QUARTER**
 - **OKTOBERFEST** – Wednesday, Oct 8 - **2:00p, VILLA COURTYARD**
 - **ALZHEIMER'S ASSN. PRESENTATION: 10 WARNING SIGNS** – Thursday, Oct 9 - **1:00p, COTERIE THEATER**
 - **WALK TO END ALZHEIMER'S** – Saturday, Oct 11 - **8:30a, GRAND LAWN**
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- **LUNCH: CRACKER BARREL** – Monday, Oct 13 - **10:45a, OUTING**
 - **CLEO'S STORY: DANNY THOMAS** – Tuesday, Oct 14 - **2:15p, CHATEAU 1**
 - **PIZZA PARTY** – Tuesday, Oct 14 - **5:00p, FRENCH QUARTER**
 - **THE SIGHTS & TASTES OF FALL** – Wednesday, Oct 15 - **2:00p, OUTING**
 - **FALL LUNCHEON** – Thursday, Oct 16 - **11:30a, GRAND RIVIERA LOUNGE**
 - **JANE'S HEALTHY MOCKTAILS** – Thursday, Oct 16 - **2:15p, CHATEAU 1**
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- **LUNCH: CHIMI'S** – Monday, Oct 20 - **10:45a, OUTING**
 - **ANDY B'S BOWLING LANES** – Wednesday, Oct 22 - **1:45p, OUTING**
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- **LUNCH: SIEGI'S SAUSAGE FACTORY** – Monday, Oct 27 - **10:45a, OUTING**
 - **PIZZA PARTY** – Tuesday, Oct 28 - **5:00p, FRENCH QUARTER**
 - **CRAFT: PUMPKIN PAINTING** – Wednesday, Oct 29 - **2:00p, FRENCH QUARTER**
 - **LET'S PLAY BILLIARDS** – Wednesday, Oct 29 - **4:00p, ABBEY**
 - **HALLOWEEN PARTY** – Friday, Oct 31 - **3:00p, ABBEY**

Welcome New Residents!



**Eric & Kay
Kohler**
Apt #214

**Dianne
MacMillan**
Apt #503



**Terri
Tacker**
Apt #119



Got Jokes?

Share your best jokes and riddles. Then watch for them on the digital signs as we feature the "Joke of the Week."



Send jokes to Liz Rahal at:
lrahal@montereau.net



HAPPY OCTOBER BIRTHDAYS

1 Oct	Jan Calabrese	10 Oct	Anne Martin	21 Oct	Len DiLiberto
2 Oct	Dick Litzinger	12 Oct	Dolores Ehrhart	21 Oct	Bill Klintworth
3 Oct	Roger Blais	14 Oct	Barbara McEntee	23 Oct	Carolyn Couch
3 Oct	Virginia Cohlma	14 Oct	Janet Pagano	23 Oct	Angie Eddleman
3 Oct	Peggy Wood	15 Oct	Deborah Neck Krumme	23 Oct	Deborah Framel
5 Oct	Cheryl Peters	16 Oct	Willard Rhynes	24 Oct	Eric Kohler
6 Oct	Bob Couch	17 Oct	Dick Mills	25 Oct	Barbara Linehan
6 Oct	Judy Elliott	17 Oct	Barbara Murrah	25 Oct	Les Walls
8 Oct	Nancy Warner	17 Oct	Mindy Paschal	26 Oct	Janet Payne
9 Oct	Nancy Elliott	17 Oct	Margaret Thayer	27 Oct	John Detter
9 Oct	Glenda Hinton	18 Oct	Patsy Slagle	28 Oct	Hilda Betts
9 Oct	Pam Parsons	19 Oct	Barbara Jenkins	29 Oct	Ted Robertson
9 Oct	Loreta White-Skinner	19 Oct	Marian Murphy	31 Oct	Kaye Patterson

HAPPY BIRTHDAY!